



## Honey Mustard Pork Chops

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 4 servings garlic powder to taste
- 0.3 cup honey
- 1.5 pounds center-cut pork chops - 1 boneless
- 2 tablespoons mustard yellow prepared

### Equipment

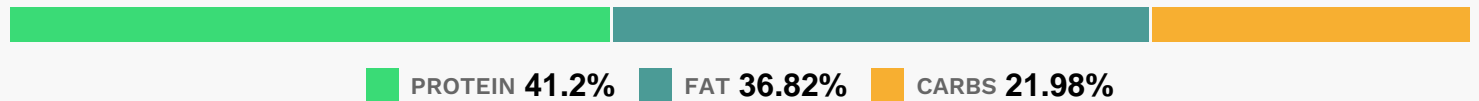
- bowl
- frying pan

kitchen thermometer

## Directions

- Mix honey and mustard together in a bowl until thoroughly combined.
- Heat butter in a skillet over medium-high heat and lay pork chops into the hot butter.
- Sprinkle chops with half the garlic powder and cook until browned, about 3 minutes. Turn chops over, sprinkle with remaining garlic powder, and pan-fry chops for 3 more minutes.
- Brush honey mustard sauce over chops, turn them over, and cook for 5 minutes; turn chops onto other side and brush with honey mustard sauce. Cook until chops are no longer pink inside and an instant-read meat thermometer inserted into the thickest part of a chop reads 165 degrees F (75 degrees C), about 5 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.82, Glycemic Load:9.22, Inflammation Score:-3, Nutrition Score:20.342173759704%

## Nutrients (% of daily need)

Calories: 367.66kcal (18.38%), Fat: 14.92g (22.95%), Saturated Fat: 5.99g (37.45%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 19.41g (7.06%), Sugar: 17.58g (19.53%), Cholesterol: 121.49mg (40.5%), Sodium: 189.3mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.56g (75.13%), Selenium: 59.77µg (85.39%), Vitamin B1: 1.16mg (77.46%), Vitamin B3: 13.68mg (68.4%), Vitamin B6: 1.29mg (64.74%), Phosphorus: 406.63mg (40.66%), Potassium: 693.36mg (19.81%), Vitamin B2: 0.33mg (19.59%), Zinc: 2.82mg (18.83%), Vitamin B12: 0.91µg (15.12%), Vitamin B5: 1.3mg (13%), Magnesium: 50.63mg (12.66%), Iron: 1.23mg (6.83%), Copper: 0.12mg (6.22%), Vitamin D: 0.68µg (4.54%), Manganese: 0.09mg (4.48%), Fiber: 0.63g (2.54%), Vitamin E: 0.35mg (2.32%), Calcium: 21.11mg (2.11%), Vitamin A: 99.59IU (1.99%)